Rice University- LPAP 186
Pilates Mat Class; Spring 2022
Tuesday/Thursday 2:30pm- 3:20pm
Location: *Zoom for 1/11, 1/18 and 1/20 after 1/25 face to face in MPR3*

Instructor: Chrissy Leach
Email: *cml13@rice.edu*

Course Description:
This course is a Pilates Mat class that will progress from beginning, intermediate and selected advanced level mat exercises. The learning and understanding of the exercises, and their goals/intents will be taught by brief lectures, observation and practice. The evaluation of Progress will be assessed through **participation** and **attendance**, application of corrections given during class, a midterm and a final exam. Modifications to the schedule will be made if necessary throughout the semester given the ongoing pandemic.

Pilates was originally called Contrology, a method of exercise that teaches the mind to communicate and control the muscles, to stabilize the core, and isolate targeted muscles depending on the exercise. The exercises are designed to restore optimal length-tension relationships of the muscles which are achieved by strategically stretching what is tight and strengthening what is weak to restore optimal alignment. Stabilizing and strengthening the abdominal and back muscles, coordination, kinesthetic awareness, breathing and correct spinal and pelvic alignment are all key components of the Pilates method. The ultimate goal is to apply Pilates Technique not only to the Mat Class routines, but to your other workouts, sports and everyday life.

Course Objectives:
1. To improve kinesthetic awareness, physical fitness, and body alignment.
2. To strengthen the powerhouse muscles.
3. To develop the skill of stabilizing the core while isolating specific muscles.
4. To be able to define the principles of Pilates and apply them to your best ability to the exercises in class and off the mat.
5. To know what corrections your body needs for optimal alignment
6. For each student to achieve progression through the Pilates mat series based on:

A. familiarity with the essential concepts, basic terminology and of the exercises
B. coordination with breath with exercises

C. musculoskeletal awareness
D. relevant modifications for one's body

Each class will progressively build from a foundation of the technique and principles of Pilates and how you can apply the movement into your current workouts. By the end of the semester the exercises will be at an intermediate or advanced level if attending and participating regularly. You are not expected to do any of the exercises that elicit any pain and are more than welcome to continue to perform exercises from the beginning or intermediate level in class.

You are responsible for knowing the intent of the exercises, their names, set up, breath, reps, and the technique. This will all be taught in class. You'll have one Video Submission and a Final Assignment assignment each worth 50 points. A Health History Form and Signed Syllabus and Attendance policy accounts for 50 points. The remaining 350 points are given to you provided that you have perfect attendance and show up to class on time. See the attendance policy sheet for details.

Course Content:

- Brief history of Pilates, and it's founder Joseph Pilates
- Anatomy and muscles applicable to Pilates Mat Technique
- Beginning, Intermediate and Intermediate/ Advanced Mat
- Exercises that apply the concepts of Pilates and/or modifications of Classic exercises

Supplemental Textbooks and websites:
The Pilates Body by Brooke Siler
Anatomy of Movement by Blandine Calais-Germain
Trail Guide to the Body by Andrew Beil
www.pilatesanytime.com

Attendance Policy:
The attendance policy for LPAP courses that meet twice a week will be as follows: Students are expected to attend all class sessions and to actively participate while in attendance. During the course of the semester, students are allowed two "free" absences. Should a student miss an additional class(es) she/he will need to arrange to make up the missed class at a time and place that is agreed upon by both the student and the instructor. *If you contract Covid-19, you must immediately inform me via email as I will send you alternative assignments to cover your attendance requirements while in isolation.* These will be written or video submissions depending

on each circumstance. It is the responsibility of the student to initiate conversation with the instructor to discuss the make-up, and an agreement must be reached between the two within two weeks of the absence. If a student fails to make up a missed third or fourth class, his/her final grade will drop by one or two grade letters, respectively. Please note, students will not be allowed to make up more than two classes. Five total absences, including those that were made up and no matter their circumstance, will result in a failing grade for the course.
***The exception to this is if you contract Covid-19. I will work with you to ensure that you have more opportunities to make up classes.*

Class Rules for PPE and Physical Distancing
Every student in the classroom is expected to properly wear a mask or face covering and to abide by Rice's physical distancing policy (maintain at least six feet of distance from other persons whenever possible).
All equipment must be sanitized with virex or gym wipes after class.
Cheating and Misconduct
Every member of the academic community is expected to uphold their pledge to the Rice Honor Code. In this course, any student suspected of cheating on an exam or written assignment will be reported to the Chair of the Honor Council, and an investigation will ensue. Any questions that you may have about what constitutes an honor code violation in this class can be directed to the instructor.
Students with Disabilities
This instructor, in conjunction with Rice University, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodation, please contact the Disability Support Services Office in the Ley Student Center. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.
Class Etiquette:
You are expected to be on time – students more than ten minutes late will not be permitted to take class.

- If you are late for unavoidable reasons enter quietly
- Please turn cell phones off or on vibrate
- No talking during the class time
- Please do not eat or drink (besides water) or chew gum during class

- Wipe down mats and, roll them up and put away all props at the end of class.
- Clothes should be form fitting, without restricting movement. DO NOT TAKE CLASS IN CLOTHES that restrict your movement. Shorts with bike shorts are fine even bike shorts by themselves are ok, but you must be covered. You will be asked to leave class if this is not respected.
- Yoga / sweat pants and or long shorts with bike shorts underneath are best.
- If you must observe due to injury, no cell phones or laptops are allowed. I expect written notes about the class to be turned into me at the end of the class, or you will be asked to leave and counted absent.

Evaluation:

Attendance/punctuality and active participation	350 points
Health History Form	25 points
Signed Syllabus and Attendance Policy	25 points
Mid Term	50 points
Final Exam	50 points
Total points possible	500 points

**If you are 10 minutes late, you will not be permitted to take class and will be counted absent.

Important Assignments and Due Dates:

Mid Term: To be announced; Final Exam: December 2nd

A+	487-500
A	468-487
A-	448-467
B+	433-447
B	413-432
B-	398-412
C+	383-397
C	363-382
C-	348-362
D+	333-347
D	313-332
D-	298-312
F	<298

Signed Syllabus and Attendance Policy Contract

I, _____, have read and understand the syllabus and the attendance policy.

Date:

_____

Signature:_____